

FKSS WEEK AT A GLANCE – January 26-30, 2026



Mon, Jan 26 AFBCD Day 1	Tues, Jan 27 BADC Day 2	Wed, Jan 28 CQDAB Day 1	Thurs, Jan 29 DCBA Day 2	Fri, Jan 30 AFBCD Day 1
-First day of Semester 2. Term 3 starts. - Grad photos & grad retakes.	-Grad council Library. - TASK Class starts today. - Grad info night 6:30pm FKSS Theatre.	-Q block today. -Public health nurse in. - Grad doughnut sale. - Rugby training from 3:30-4:30pm.	- Create & Connect youth group at lunch. - Millshaw Meadows Equestrian Academy zoom 6:30pm.	-regular classes.

GRADS:

A form has been uploaded to the Grad 2026 Teams to determine the final grad hoodie design. Please vote by January 30th.

Krispy Kream Doughnut Sale on Wednesday, Jan 28th. \$20 for a box of a dozen. Fundraiser for the Grads (Prom). Can pre-order by emailing fkss.grads.2026@gmail.com

Grad Portraits second opportunity/retakes are coming to your school from January 26-29, 2026. Prestige Portraits is ready to welcome any students who didn't have a portrait session during their first visit to the school as well as any that requires a retake. There are two ways to book a session:

First timer session:

Please book online using the school postal code.

<https://schedule.prestigeportraits.ca/schedule/home.html>

Frances Kelsey's Postal code is V8H 1G3.

Retakes (please note that these students won't be able to book online and must call directly): Please contact **Customer Service:** 866-457-8212

Weekdays: 6:00 AM – 4:00 PM PST

- **Free Retakes:** Students who are unhappy with the quality of their images or experienced technical issues will receive a retake session at no cost.
- **Paid Retakes:** Style changes such as a new haircut, hair color, glasses, or similar updates will be charged at the regular session fee.

STUDENTS:

Kelsey Gear can now be picked up at Munchies during flex. Bring your receipt to pick up. Also, Pink Hoodies and Kelsey Workwear are coming soon. Stay tuned.

Coats for Kids- A donation drive for Malahat Nation. Winter clothes in good/clean condition, shoes/boots, Jackets, Mittens, Toques, Scarves and other winter accessories. Drive is from Jan 26-30th. Donation bin/rack will be outside of the office.

Sr and Jr Whalers and hockey academy students to go to Room 229 at the beginning of flex on Monday, Jan 26th for team photos. Please bring your jerseys.

It's that time of year! Time to register for the TC 10K happening in Victoria April 26, 2026. Register here: <https://raceroster.com/events/2026/104489/37th-annual-tc10k-powered-by-runsport>

For the discounted price use our team name: **Frances Kelsey Breakers**. See Mrs. G in Room 135 if you have questions. Note: Select your t-shirt size when registering for our team. If we get 10 people registered, shirts will be at FKSS Friday, April 24 for pick-up. If not, you will have to pick up your own shirt in Victoria before race day.



Frances Kelsey Secondary School and Millshaw Meadows Equestrian Academy



THE PROGRAM INCLUDES:

- Stable Management
- Horse and Equipment Care
- Equine Related Careers Exploration
- General Equestrian Training
- Nutrition and Fitness
- Instruction for Various Riding Levels
- Introduction into Equine Disciplines
- Equine Workshops

MORE DETAILS:

- Earn 8 credits toward graduation, plus careers credit
- 5 days/week during regular school hours
- All levels of experience are welcome
- Horse ownership is not a requirement

- **Available both semesters with a limited number of spots in the second semester for students who wish to compete in horse showing.**

Please join us for parent information via zoom:

Thursday, January 29 at 6:30 p.m.

<https://sd79.zoom.us/j/65486836703?pwd=a3xlzXLAPR2b8GeV9L10apGbbQMd2c.1>

Meeting ID: 65486836703

Passcode: 081667



CONTACT US

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millshaw.com

[millshawmeadows](https://www.instagram.com/millshawmeadows)

fkss.sd79.bc.ca

The Equestrian Academy recognizes and celebrates the unique strengths of every student and is committed to providing a positive, safe, and inclusive equine learning environment.

SPORTS:

FKSS Rugby BOYS AND GIRLS The First Training session for both girls' and boys' rugby will be **Wednesday January 28th 3:30 - 4:30**. Come give Rugby a Try! See Mr. Cosford for more details. Bring cleats (if you have them) and warm clothes you don't mind getting dirty!!



JUNIOR OUTDOOR (APR-JUN)

Field hockey is a game of skill speed and fun. The positions are very similar to soccer, the skills are similar to hockey with a couple of twists.

2026 JUNIOR REGISTRATION

EVERYONE WELCOME

Ages: 6-18 (born 2019-2007)
Season: March 30th - June 6th

Practices: M-T-W

GH-U14 Games are on Saturdays
U19 Games are on weekday nights

Registration December 1st - February 21st

To **REGISTER** or for more **INFO** visit our website at:
www.cowichanfieldhockey.ca

or

Contact: Diane Barr
jrscfha@gmail.com



COACHES NEEDED

Games & practices held at the Sportsplex
John Ferreira Turf Field

CAREERS:

Interested in trades, tools, and hands-on learning?

The **TASK Program** is now accepting applications for **2026–2027!** Don't miss your chance—**apply now**. Student selection takes place in **May 2026**, and space is limited. Apply in the Career Center.

Grade 12's Scholarship and Bursary Information Come to the Career Centre for help with your scholarship and bursary applications. The deadline to submit is the last day before spring break, Friday, March 13th.

Dual Credit – Now Accepting Applications for 2026–2027 Motivated Grade 11 and 12 students can take post-secondary courses or trades programs while earning both high school elective credits and post-secondary credits. Interested? Book an appointment in the Career Centre.

New Dual Credit Opportunity:

uStart at the University of Victoria lets high-achieving SD79 students take UVic courses during Grade 12.

- Earn both high school elective credit and UVic university credit
- Tuition is fully covered by SD79

Interested? Speak with your school's Career Centre early in Grade 11 to begin the application process.

Work Experience Students: Have a job outside of school? You can earn high school credits! Sign up in the Career Centre for the WEX seminar. If you've already taken the seminar, please hand in **Unit 3 ASAP**. And for those who've completed all 90 hours—amazing! Make sure you submit your remaining units to secure your WEX 12 credit.

Bonus: Complete all requirements and you'll be entered for a prize and some bonus swag!